

## Two Month Edition



### MOTHERS NOTEBOOK

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**At 2 months**, most babies are beginning to cry less and spend more time awake. They are interested in everything around them. Babies enjoy looking at your face, seeing you smile and hearing your voice. So talk and sing to your baby often. Also, reading to your baby is a nice habit to begin at this age.

Around 2 months babies are learning how to use their neck and shoulder muscles. Soon they will begin trying to raise their heads when lying down and reach out for objects when sitting. You can hold toys out in front of your baby to encourage him or her to reach. Babies love brightly colored objects. Now is a good time to introduce a soft rattle or a mobile that will attract your baby's attention.

#### TUMMY TIME:

For safety reasons you have been having your baby sleep on their back. However, sometimes this causes babies' heads to become flattened in the back. You can help prevent this by making sure baby spends more time sitting up. You also can place your baby on his or her tummy when awake. When babies spend time on their tummies, they learn how to use the muscles in their necks and shoulders

**A Breastfed and formula fed baby do not grow at the same rate.** In general, breastfed babies tend to be leaner after the first six months, which is healthier in the long run.

Most growth charts used by many health care providers in the US include data from formula fed infants. Because many doctors use these charts they see the baby dropping in percentiles on the growth chart and often come to the conclusion that the baby is not growing adequately. This worries mothers who wonder if the baby is getting enough milk. If you are feeding the baby as often as they want to, they will take in the correct amount of calories.

- Breastfed and formula-fed infants grow at basically the same rate in the first few months. Mothers who exclusively breastfeed build up a good milk supply during this time.
- Between four and six months, formula-fed babies tended to gain weight faster than their breastfed baby peers, although growth in length and head circumference were similar in both groups. On average formula fed baby gain one pound more than breast-fed babies by 12 months.
- Various studies have shown that breastfed infants consume fewer calories and a lower volume of milk than formula-fed infants. This doesn't mean their mothers aren't producing enough milk, rather, an indication that breastfed infants have an amazing ability to self-regulate their calorie intake according to their individual needs. This ability to determine for themselves how much they eat is probably one of the reasons infants who are breastfed are less likely to have problems with obesity later in childhood.

**Spitting up is common** in babies and is usually normal. Babies often spit up when they get too much milk or too fast. This may happen when baby feeds very quickly or aggressively, or when mom's breasts are overfull. The amount of spit up typically appears to be much more than it really is. If baby is very distractible (pulling off the breast to look around) or fussy at the breast he may swallow air and spit up more often. Some babies spit up more when they are teething, starting to crawl, or starting solid foods. If your baby is gaining weight well, spitting up without discomfort and content most of the time spitting up is a laundry problem rather than a medical issue.